

TABLE 1. Summary of dietary recommendations**Recommended**

Wild-caught, cold-water, oily fish (salmon, sardines, mackerel, herring, anchovies, tuna)

Fat-free dairy products

Egg whites

Dark leafy green vegetables (Brussels sprouts, kale, spinach, broccoli, salad greens)

Other vegetables (cabbage, turnips, green beans, carrots, sweet potatoes, squash)

Raw fruits

Ground flaxseeds or flaxseed oil

Wild-caught fish oils

Suggested in limited quantities

Kidney beans, mung beans, black beans, pinto beans

Other beans (cowpeas, navy beans, lentils, lima beans, split peas)

Potatoes

White rice and grains (barley)

Olive oil

Butter from grass-fed cows

Discouraged

Meat

Poultry

Fat-containing dairy products (regular milk, cheese, and yogurt)

Egg yolks

Peanuts and peanut butter

Tree nuts (almond, cashew, pistachio)

Avocados

Fried food

High-fat sweets and desserts

Margarine and vegetable oils, including corn oil, grape seed oil, soybean oil, safflower oil, sunflower oil, and cottonseed oil